***Flexible Sigmoidoscopy Prep Instructions***

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| ***In Advance…*** |
| * In advance, you will need to purchase **2** Fleet enemas
* Avoid eating: Seeds, Nuts and Corn 5 days before your procedure.
* If you take blood thinner products: follow the specific instructions for your blood thinner as instructed by the Coumadin Clinic or your GI Physician. If you have not received specific instructions **1 week prior** to your appointment, please call the Centers for Gastroenterology at 970-207-9773.
* If you take insulin products or oral diabetes pills, please see the enclosed diabetic instruction sheet.
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| ***Prep Instructions….*** |
| **DAY BEFORE EXAM:*** Please follow a low residue diet: for breakfast and lunch, eat your choice of the following: Canned fruits or vegetables, eggs (except fried), white bread, hot cereals, white chicken, turkey, fish, yogurt, soups, jello (no red or purple), tapioca, fruit and vegetable juices.
* For dinner please have only clear liquids. Clear liquids include anything you can see through. For example: chicken or beef broth, coffee or tea **without cream**, fruit juice, sport drinks or jello. **NOTHING RED OR PURPLE – AND NO SOFT DRINKS PLEASE.**
* **At approximately 7:30 p.m. please use one Fleet enema. You may continue to drink clear liquids the remainder of the evening.**

 **DAY OF EXAM:*** Take your usual medications (especially heart and blood pressure medications) **up to 4 hours prior to the procedure.** It is OK to take aspirin up to and including the day of the procedure, up to 4 hours prior to your procedure. **Follow specific directions given by your physician regarding insulin, oral diabetes pills, and blood thinners.**
* **Use the second Fleet enema at least 2 hours before leaving for your appointment.**
* Please do not drink or eat anything until after your procedure is complete – no gum, mints, candy or chewing tobacco for 4 hours before your procedure.
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